

"Back to Sleep" campaign
1-800-505-CRIB

SIDS Center
1-800-545-7437

1-800-THE KIDS

1-800-CHILDREN

James E. McGreevey
Governor, State of New Jersey

James M. Davy
Commissioner
Department of Human Services

Newborns sleep 20 hours a day.
Make each hour safe.

Look inside to make
sure baby has a safe sleep.



NJ Task Force on Child Abuse and Neglect

Make sure that baby's sleep time
is a safe time.

Baby's safe-sleep tips
for parents and caregivers.

When You Lay Me Down to Sleep...

- Place baby to sleep on his or her back.
- Keep baby's crib in your room for the first six months.
- Soft materials can interfere with baby's breathing. Baby should not sleep with pillows, quilts, comforters, heavy blankets, or stuffed toys.
- Use safe sleepwear without strings or ties.
- Never lay baby to sleep near any appliances, toys or household items that dangle, such as window treatment cords, telephone wires, computer extensions, toys with strings, etc.
- Babies should never sleep with a hot-water bottle or electric blanket, next to a radiator, heater, or fireplace, or in direct sunlight.
- Do not cover baby's head. Use lightweight blankets and make sure covers reach no higher than baby's chest/shoulders. Blankets and sheets should be tucked in securely around the crib mattress so they can't slip over baby's head.
- Bedroom temperature should not be too warm. Babies should not be overbundled.
- Baby can be placed on his or her stomach when awake.



Some "tummy time" during awake hours is good for baby.



Photo by Deborah Rauscher Special Thanks to Model Krishna Rose Kalafsky



- Provide a smoke-free environment for baby.
- If you are a smoker, don't share your bed with baby.
- It is not safe to sleep with baby on a couch.
- Toddlers or young children should not sleep with baby.
- If you share your bed with baby, make sure the mattress is firm, and fits tightly between the headboard and footboard.
- Do not sleep with baby on a waterbed, bean bag, or other soft surface.
- Never lay baby to sleep on a pillow. Also, babies under one year old should never be given a pillow for the head.
- Do not sleep with baby in your bed if you are overly tired, are taking substances that make you sleep more heavily, or have been drinking alcohol.
- Avoid using side rails, headboards, and footboards that have slats that could entrap baby's head.
- The bed shouldn't be pushed against the wall, because baby could become wedged between the mattress and the wall.